



Chicken Tikka



Ingredients

Ingredient	Quantity	Unit
Fresh Diced Chicken Meat Light and Dark	600.00	g
Vegetable Oil Soya 1x20ltr	20.00	ml
Brakes Tikka Sauce	425.00	g
Reduced Fat Yogurt base	200.00	g
Cooks Garlic Puree 1x1.2kg	7.50	g
ONIONS SPANISH	150.00	g
Coriander	20.00	g

Preparation Notes

Method:

1. Fry the onion and garlic gently in the oil. Add the chicken pieces and fry until golden brown and cooked all the way through.
2. Add the sauce and simmer for 5 minutes
3. Add the yogurt and stir through the sauce.

Hints/Tips - Serve with naan bread and garnish with Chopped Coriander

Looks Like



Allergen Info

CEREAL GLUTEN	N
CRUSTACEA	N
FISH	N
MOLLUSCS	N
PEANUTS	N
SESAME SEEDS	N
SOYBEAN	Y
TREE NUTS	N
CELERY / CELERIAC	N
EGGS	N
MILK	Y
MUSTARD	N
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	N
BARLEY	N
RYE	N
SPELT	N
KAMUT	N
OATS	N

Y : YES
N : NO
M/C : MAY CONTAIN
U : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)